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NEW AUGMENTED REALITY
(AR) TOOL **PAGE 8**



Twins triple up at Junos

Hail Tegan and Sara! Then use
Metro AR to view a gallery of
winners from the Juno Awards
gala and the red carpet **PAGE 11**

WAVES
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at home

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Early mornings

WAVES
COFFEE • HOUSE



The three men behind Table, a new underground dining experience in the city, pose before their mystery dinner held last week. RYAN TUMILTY/METRO

Local foodies take their seats at mystery Table

Dining experience.
Nine-course dinners
seasoned in secrecy



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

A dozen diners took their seats at the city's latest culinary offering last Tuesday, a concept that's part feast and part gathering, with heavy servings of mystery.

For a suggested \$150 donation, Table offers 12 guests a spot at a long oak table in the chef's apartment to take part in a nine-course meal complete with drink pairings.

Prospective diners are invited to apply on the group's website and are given details days before the dinner. The location, the menu and the

chef and two bartenders behind the endeavour are all kept secret.

The group says it's about pushing boundaries.

"It kind of came about because we wanted to bring about a lot of our passions that we can't necessarily illustrate at the restaurant," said one of the bartenders.

The menu, different for each monthly dinner, has included horse, as well as other exotic ingredients.

"There are just no boundaries here. At work there are a lot of boundaries on what products you can use," said the group's chef.

The typical diners are people interested in food and open to surprises, but they won't be getting advanced warning on the menu.

"They have no idea what they are getting before we put it in front of them," said

Staying in the kitchen

"We are doing everything we can to keep that under wraps."

Table's chef on hiding the identities of the event organizers

the chef.

Exotic food isn't the only thing that separates the experience, argues the group's bartender.

"We can bring the craziest food and drink to the table, but at the end that is where we think the experience lies, with the people who are sitting at the table."

For now the group is happy with its monthly dinners, but they have had offers to host elsewhere and they are also aware no secret stays secret forever.



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See inside



Anina Hundsdoerfer was first reported missing on March 22. It's been more than a week since her disappearance, with few clues unearthed about her potential whereabouts. CONTRIBUTED

Friends rallying for missing woman

Anina Hundsdoerfer.
Few clues unearthed in missing-person case

More than 200 close friends and concerned colleagues met with Edmonton police missing person detectives Sunday for an update on Anina Hundsdoerfer — a local scientist who has been missing for more than a week.

Last seen March 22, the search for Hundsdoerfer started in Edmonton but relocated to west of Rocky Mountain House after the 32-year-old's Blue Toyota was found parked along a remote section of road

in the area.

Despite the car itself offering few clues into the disappearance, Rocky Mountain House RCMP sent teams out for two full days of searching the area, later suspending the efforts Friday afternoon.

Hundsdoerfer's roommate Caroline Hendley said while the search has been suspended, it is far from over.

"(It's suspended) until the conditions are better for them to be able to search. They've done the surrounding area, but they can't go any further until that happens," Hendley said.

Hendley added local police assured friends Sunday that

they are continuing their investigation, following up on any potential leads.

Friends of Hundsdoerfer have taken to Facebook and Twitter to look for more clues on her disappearance.

"It's difficult when you feel like there is nothing you can do," she added. "I think earlier in the week when people could get out there, could search, could do posters, that gave (us) a way to use (our) energy."

Hendley said the focus is now on social media and widening the search.

"Of course, the longer it goes, the more difficult it is for people," she added.

LEAH GERMAIN/METRO

Description

- Hundsdoerfer is described as five-foot-nine, about 160 pounds, with brown, shoulder length hair.
- Hendley noted Hundsdoerfer is most likely wearing a brown ski jacket.
- Edmonton police are encouraging anyone with information on Hundsdoerfer to contact the EPS information line at 780-423-4567.

Manmeet Bhullar

MLA weighing politics, family before possible PC leadership bid

He may have a PC leadership run on his mind, but a Calgary MLA says bigger decisions on family and the current work he's doing hang in the balance.

Calgary-Greenway MLA Manmeet Bhullar, first elected to the Alberta Legislature as a spry 28-year-old in 2008 in the now-defunct Calgary-Montrose district, told Metro recent political drama has him weighing his options carefully.

"You can't make this decision without very serious consideration to the impact it has on others in your life," said Bhullar, the current minister of human services, who recently turned the portfolio on its ear with changes to the reporting of children who have died in the province's care.

"The work you get to do as a politician is worth the effort. The question is, is the theatre and the drama involved in politics worth the effect it can have on your family, your friends and your loved ones."

Bhullar defeated Wildrose candidate Ron Leech by 1,025 votes in the 2012 general election, and did a stint as Service Alberta minister before taking the helm of Human Services.

Mount Royal University political scientist Keith Brownsey said Bhullar's ministerial track record make him a compelling candidate for leadership, but pointed to youth and the ability to organize and finance a million-dollar campaign as hurdles to overcome. "He's young and will be seen as young, but he'd certainly be a breath of fresh air," said Brownsey. "I think it's something the party desperately needs."

DARREN KRAUSE/METRO

Drysdale said he was kept out of the loop on premier's residence



Media tour the premier's penthouse apartment that Alison Redford had ordered be built near the legislature for her and her daughter. THE CANADIAN PRESS

Former Infrastructure Minister Wayne Drysdale said he stepped out of the way while the premier's office moved to build a residence in the new federal building.

Drysdale said Sunday he was told when he became infrastructure minister that the premier's office would be handling that issue directly.

"If your boss says they will handle it, you let them handle it," he said.

Drysdale said he thinks

media coverage of the residence has been overblown.

"It's a pretty small space, it is less than a 1,000 square feet," he said. "I wouldn't call it a palace by any means."

Drysdale said he understands the need for a facility like this, because sometimes a premier needs to entertain and meet with visiting dignitaries.

"This building is probably going to be there for 100 years, so premiers for a 100 years are going to be using that space as

well," said Drysdale.

Wildrose finance critic Rob Anderson said it is inexcusable that Drysdale didn't ask questions.

"The premier's office was building something that clearly didn't go through any proper process or channel," said Anderson.

"I don't know what you call it, but it was clearly for the benefit of only the premier and I call that taxpayer fraud."

RYAN TUMILTY/METRO

Health. U of A researchers find malaria antibodies in male immune system

Researchers at the University of Alberta have discovered a new way to protect pregnant women from getting malaria and the answer lies in a male immune system.

By comparing different types of malaria from two parts of the world — Benin in West Africa and Colombia in South America — U of A researcher Sedami Gnidehou identified antibodies in the immune system of Colombian men that protects them from other strains.

Along with her team at U of A's school of public health, Gnidehou is hoping to apply her research to protect one of the most vulnerable groups of people when it comes to the mosquito-borne disease: pregnant women.

Every year, more than 125 million pregnancies are at risk of malaria globally, Gnidehou explained.

"This research will be use-



U of A researcher
Sedami Gnidehou
COURTESY UNIVERSITY
OF ALBERTA

ful for every-body," she said. "We are talking about malaria. You have malaria in Africa, Asia, Latin America."

By using some of her most current findings, Benin-born Gnidehou and her team are looking to expand the research to create a possible vaccine for pregnant women in malaria-areas.

Gnidehou will be checking for similar antibodies in different parts of Latin America, including Colombia and neighbouring countries.

LEAH GERMAIN/METRO

Power off. Edmontonians reduce electricity usage — slightly — for Earth Hour

While the city was crowned the Earth Hour Capital of Canada this year, local numbers show Edmontonians only cut back their power consumption a small amount, the same as the city has for the last two years.

Organized by the World Wide Fund for Nature, Earth Hour encourages residents around the world to turn off non-essential power once a year between 8:30 and 9:30 p.m.

"Our per-hour consumption (Saturday night) was 930

megawatts and the week preceding was 955 megawatts," said Epcor spokesperson Michelle St-Amand. "The difference was a decrease of approximately three per cent."

St-Amand said it's common to see a variation of a plus or minus 10 per cent when comparing certain days, due to changing weather and longer hours of sunlight.

However for Earth Hour 2013 and 2012, Epcor saw a similar three per cent decrease.

LEAH GERMAIN/METRO



Alexander Tawpism stands outside the Shaw Conference Centre on Sunday. Tawpism testified about his mother's experience in residential schools to the Truth and Reconciliation Commission. RYAN TUMILTY/METRO

Hearings come to a close

Truth and reconciliation. Residential school hearings should lead to changes in modern classrooms: Survivors



RYAN
TUMILTY
ryan.tumilty@metronews.ca

Alexander Tawpism knows what his last name means and he is looking forward to learning more about his culture.

Tawpism, which means "hit the sun" in Cree, was among the last speakers to

offer testimony Sunday as the last set of hearings of the National Truth and Reconciliation Commission came to a close.

He said his mother's time in residential schools separated her from their culture and it took him 25 years to find out the meaning behind his name.

"That was a learning process, because I didn't know the language," he said. "She can't pass what she doesn't know."

As a teacher, Tawpism said looking to the future he hopes the story of residential schools won't be told only at hearings, but in classrooms — including his — across the country.

"I go back to the classroom and I start teaching other

Tragic figure

4,100

The commission has also worked with aboriginal organizations to document the deaths and burial places of children who died in care. To date they have identified 4,100 children who died of disease or accident.

students, young aboriginal students, who themselves are inter-generational survivors and they don't know it," he said.

He said throughout the weekend event, he was pleased to see so many non-aboriginal Canadians in attendance.

"It's good. It's so healthy, because you can just feel it breaking down those invisible barriers."

Commissioner Marie Wilson said changes to school classes across the country are going to be part of the commission's ongoing work.

"We have had that commitment offered, but there is (a) lot of work to prepare curriculum," she said.

She said she hopes teachers can also be better informed about the legacy of residential schools, to better equip them to teach aboriginal students.

"They will have a sense, when they teach their first classes, of who are these children that are before me."

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Medical marijuana patients worry they'll have to break the law

Pot problems. Some patients argue new system will deny them safe, affordable supply

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued

Prices to get high?

- **Price per gram, purchased from Health Canada under the old rules:** \$5
- **Expected price per gram, under the new rules:** Expected to initially average about \$8.
- **Projection of number of medical marijuana patients by 2024:** Up to 450,000

more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately

reject the legal challenge to the plan led by several home growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some medical-marijuana patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system.

THE CANADIAN PRESS



Frozen embrace to honour tragic centennial

A clay version of a sculpture depicting Reuben Crewe embracing his son Albert John is displayed. In 1914, Crewe and his son set out on the ill-fated voyage of sealing vessel SS Newfoundland. In a fierce storm, they ended up stranded miles from their ship and were later found frozen together on an ice pan, the boy's head tucked against his father's chest as he died. Their embrace will be immortalized in a bronze sculpture as part of ceremonies Monday and later this spring to mark 100 years since the disaster.

FRANK GOGOS/NEWFOUNDLAND BRONZE FOUNDRY/THE CANADIAN PRESS

Top Tory operative resigns amid nomination controversy



Dimitri Soudas THE CANADIAN PRESS

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

"Earlier this evening I was notified of the resigna-

tion of Dimitri Soudas as executive director, effective immediately," Walsh wrote in an email.

The party's top governing body, called the national council, was scheduled to discuss the matter. Soudas did not respond to a request for comment.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 elec-

tion preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding.

For the first time since

they formed government, the Conservatives are holding open nominations and not protecting incumbents. Party brass are trying hard to dispel the notion that they will help give the parliamentarians an advantage in any way.

Some members said they perceived Soudas was interfering in the nomination race there, which pits Adams against local chiropractor Natalia Lishchyna.

Adams is choosing to run

in that riding, rather than the non-adjacent riding she currently represents in Mississauga.

Matters became tense after an unpleasant exchange between Adams and some members of the Conservative riding association at a meeting on Mar. 19.

Soudas' interim replacement is Simon Thompson, the party's top technology man and former executive at Mitel.

THE CANADIAN PRESS

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A child posts his mother's ballot in Pau, southwestern France, Sunday, as voters across France went to the polls in municipal elections seen as a referendum on embattled President Francois Hollande's first two years in office. BOB EDMER/THE ASSOCIATED PRESS

Turkish PM celebrates apparent party win

Turkish Prime Minister Recep Tayyip Erdogan on Sunday hailed what appeared to be a decisive victory for his party in local elections, providing a boost that could help him emerge from a spate of recent troubles.

Erdogan was not on the ballot in the countrywide polls, but he campaigned as if he were. Hours after the polls closed, Turkish news wires suggested

that his party was significantly outstripping its results of about 39 per cent in the last local elections in 2009 and roundly beating the main opposition party.

With nearly 70 per cent of the votes counted, Erdogan's party was above 46 per cent of the votes while the main opposition CHP was at just over 30 per cent, according to state-run TRT television.

Voter turnout appeared to

be heavy, with people forming long queues at polling stations.

"I thank my Lord for granting such a victory," Erdogan said at a victory rally.

The strong results were a big boost for the prime minister following a tumultuous corruption scandal. In recent days, Erdogan has also provoked outrage at home and abroad by blocking access to Twitter and YouTube. **THE ASSOCIATED PRESS**

Scandal

Erdogan and his party have been rocked by a corruption scandal, with a series of leaked tapes bringing down four ministers with revelations of bribe-taking and cover-ups. One tape allegedly involves Erdogan and family members.



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Paris gets first woman mayor

Far-right plant local roots. Anti-immigration National Front party expected to win up to 15 towns in municipal elections

Anne Hidalgo saved Paris for the flagging Socialist Party in Sunday's municipal elections, becoming the French capital's first female mayor.

"I am the first woman mayor of Paris. I am aware of the challenge," Hidalgo said in a victory speech after defeating the candidate of the conservative right, former minister Nathalie Kosciusko-Morizet.

But the far-right National Front came through with its plan to plant local roots around France, winning 10 towns, according to Interior Ministry results. Party leader Marine Le Pen said this gives her the ability to reach her goal of installing at least 1,000 municipal councillors. She said the party would have more than 1,200.

But the National Front lost bids for several key towns, including Avignon, site of the famed theatre festival, taken by the Socialists in a major upset for the conservative right. The far-right also lost Perpignan where Le Pen's companion, Louis Aliot, was running. The National Front also lost in the small southern town of Saint-Gilles, where one of its two deputies, Gilbert Collard, was running.

Prime Minister Jean-Marc Ayrault conceded that the final round of voting boded ill for his Socialist party.

"This vote is a defeat for the government," he said.

The voting for local leadership was seen as referendum on unpopular President Francois Hollande. The Socialists' poor results left no doubt that the government would soon be reshuffled.

Hollande's governing Socialists were victorious in 2008 municipal elections but lost a string of mid-sized cities on Sunday, including the Champagne capital of Reims.

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Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting.

Diplomatic talks proceed while Russia deploys troops along border

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Rus-



U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

sian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula. **THE ASSOCIATED PRESS**



Police officers and Brazilian Marines occupy Rio de Janeiro slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app. **LEO CORREA/THE ASSOCIATED PRESS**

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Washington mudslide. More bodies pulled from debris, dogs take a break

Authorities say the number of people who have been confirmed dead from a U.S. mudslide has increased to 21, from 18.

Jason Biermann of Snohomish County Emergency Management said Sunday that 15 victims have been identified by the county medical examiner. Six have yet to be identified.

Biermann says another four bodies were found in the debris field on Sunday.

About 30 people remain missing after the massive mudslide in a mountainside com-

munity in Washington state on March 22.

Late Saturday, authorities said the number of people believed missing decreased substantially, from 90 to 30.

Rescue crews said Sunday that many of the dogs that have been essential in the search for victims will take a two-day break. Days of sniffing through cold, soupy mud and nearly non-stop rain have taken their toll on the animals, and officials say dogs can lose their sensing ability if they work too long. **THE ASSOCIATED PRESS**



Searchers pause for a moment of silence at the scene of a deadly mudslide in Oso, Wash. **ELAINE THOMPSON/THE ASSOCIATED PRESS**

University of Arizona

Police pepper spray unruly basketball fans

Tucson police shot pepper spray at several hundred fans who took to the streets and threw beer bottles and firecrackers at officers Saturday night after the University of Arizona basketball team's overtime loss to Wisconsin in the NCAA tournament. Fifteen people were arrested for offences such as resisting arrest, disorderly conduct and unlawful assembly, Tucson police Sgt. Pete Dugan said.

THE ASSOCIATED PRESS

Israel and Palestine

U.S. mediators race to salvage peace talks

American mediators held urgent contacts with Israeli and Palestinian officials Sunday in hopes of salvaging troubled Middle East peace talks — searching for a formula to bring the sides back together and extend the negotiations beyond a current late-April deadline.

THE ASSOCIATED PRESS

Peacekeepers kill civilians in Central African Rep.

Reprisal fears.

A spokesman said the action was a 'legitimate defence'

Chadian peacekeeping soldiers opened fire on civilians in the Central African Republic's strife-torn capital of Bangui over the weekend, killing more than 30 and sparking fears of reprisal, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls provided by local officials. But he did say the soldiers' actions were a "legitimate defence" after the attack on their convoy.

The soldiers were returning from a mission when two of their vehicles were attacked by grenades, said Sadou. In response, the soldiers forced their way past a roadblock erected by French soldiers in Bangui's PK12 neighbourhood and start-

ed shooting on the crowd, witnesses said.

More than 20 people were killed in the PK12 neighbourhood alone, said Odette Dombolo, a commune mayor.

"We continue to collect the bodies," Dombolo said Sunday. "There are more than 100 injured, and I mean seriously. We are overwhelmed."

The same soldiers killed four people in the Gobongo neighbourhood, local official Jean Claude Yamodo said, and witnesses said eight more were killed near the airport.

Central African Republic, one of the world's poorest countries, descended into chaos a year ago when an alliance of mostly Muslim rebel groups overthrew Francois Bozize.

Michel Djotodia, the rebel-leader-turned-president, stepped down in January. Since then, the country's Muslim minority has been targeted in retaliatory violence at the hands of a Christian militia. Tens of thousands of Muslims have fled for their lives to Chad.

THE ASSOCIATED PRESS



In memoriam: Soccer tragedy

Laying down flowers and jerseys, supporters of Stockholm soccer club Djurgarden IF pay their respects at the spot where a fellow supporter was fatally assaulted. He died of head injuries. The attack occurred before the season-opening Swedish league match between Helsingborg IF and Djurgarden IF on Sunday. BJORN LINDGREN/TT NEWS AGENCY/THE ASSOCIATED PRESS

Border closed over Ebola fears

Senegal has closed its land border with neighbouring Guinea to prevent the spread of the Ebola outbreak, which has killed at least 70 people.

Senegal's Interior Ministry announced the border closure Saturday. It also said officials in the southern region of Kolda closed a weekly market which draws thousands of people from the neighbouring West African countries of Guinea, Gambia and Guinea-

Bissau.

Guinea confirmed last week that several victims of hemorrhagic fever in the country's southern region had tested positive for Ebola. Eight cases have been confirmed in Guinea's capital, Conakry, and in neighbouring Liberia and Sierra Leone authorities are also investigating suspected cases.

The hemorrhagic fever's initial symptoms can mimic

malaria, but as the disease progresses it can lead to grisly deaths as patients bleed both internally and externally.

Ebola is one of the world's most deadly viruses and has spread from a remote forested corner of southern Guinea to the country's seaside capital.

Among the poorest countries in the world, Guinea has severely limited medical facilities and a large population

living in slums where the virus could spread quickly.

"Poor living conditions and lack of water and sanitation in most parts of Conakry poses a serious risk of this epidemic spiralling into a crisis," said Ibrahima Toure, country director for the aid group Plan International. There is no cure for the disease and the virus strain in Guinea has a fatality rate of up to 90 per cent. THE ASSOCIATED PRESS

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FERNANDO CARNEIRO
National Deputy Editor
fernando.carneiro@metronews.ca

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More players in exchange-traded fund game a win for consumers



HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada. Today there are nearly 300. While

the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have \$50,000 in an RRSP with a 2.2 per cent annual management fee (MER).



A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

At a return of five per cent over 15 years with no new contributions, you will have \$74,455 after paying \$21,000 in fees. The opportunity cost, or the money you lose by not hav-

ing the fees working for you, is \$8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is \$102,398 and only \$1,124 has gone to

fees. The opportunity cost is just \$424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

Canadian connection

Some top Canadian ETF providers include:

- **BMO Asset Management:** www.etfs.bmo.com
- **First Asset:** www.firsttrustetfs.ca/etfs
- **Horizons Exchange Traded Funds:** www.horizonsetfs.com
- **Invesco Limited (PowerShares):** www.invesco.ca
- **iShares by Blackrock:** ca.ishares.com/home.htm
- **RBC Global Asset Management:** funds.rbcgam.com/etfs/
- **Vanguard Group:** www.vanguardcanada.ca

Pot producers grow high expectations

From the outside, there's little to distinguish Medijean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried

marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the

facility has a sterile laboratory feel, which is precisely the point.

"This is anything but a grow-op," says Anton Mattadeen, the company's chief strategy officer, during a recent tour in Richmond, B.C. **THE CANADIAN PRESS**

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WHY WASN'T THIS CONSIDERED EARLIER?

In August of 2010, the city announced the short list of the five companies who would be submitting their plans for the development of the City Centre Airport.

If you were like me, you looked at those plans and decided which one you liked best. It was pretty exciting because we were going to be a family-oriented, leading-edge development for 30,000 people. It was also going to be a green, green, green model of sustainability that was supposed to start as early as 2012.

In June 2011, the winning design was chosen. Perkins + Will from Vancouver was awarded the contract. It wasn't the plan I would have chosen, but it was still pretty exciting. It called for half the area to be green space. There would be a 72-hectare park and a lake that would be fed by rain and treated grey water. It was also supposed to be carbon neutral.

And then the other day came the bad news. The development would not be as green as promised. City coun-



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

cil indicated that the original design concepts weren't economically feasible. One can only wonder why that wasn't apparent to anyone who chose the winning concept.

One councillor indicated that what the final development would look like was "very much up in the air." Assuming that was not a play on words related to the site's function as an airport, I think we should all be very concerned. From my point of view "up in the air," indicates that we are very likely to end up with something quite different than what we thought we were going to get. All those renderings of low-rise buildings and people growing vegetables in communal gardens may not come

to pass.

Apparently the city is now concerned about infrastructure costs. Why this concern is surfacing only now is anybody's guess. Based on the approved design, the city could spend \$450 million on the redevelopment and not even break even for 20 years. Not many business people would

After approval, there are concerns with infrastructure costs

Apparently the city is now concerned about infrastructure costs. Why this concern is surfacing only now is anybody's guess. Based on the approved design, the city could spend \$450 million on the redevelopment and not even break even for 20 years. Not many business people would put their money into a development that showed that kind of return.

put their money into a development that showed that kind of return.

Another councillor indicated that the financial risk to the city was "substantial." Again, one can only wonder why that wasn't apparent long before now.

It's anybody's guess what the final development will look like. All I know is that Edmonton could give lessons on how to play "bait and switch" with the public.

MetroTube

On two legs, life's a beach



ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

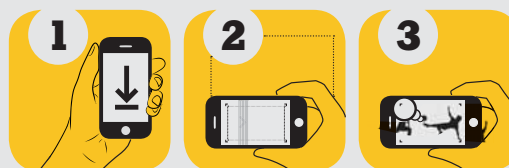
Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.



The YouTube video of Duncan Lou Who has over one million views. YOUTUBE SCREENGRAB

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This issue, you can find AR enhancements on page 6 in News, page 11 in Scene, page 15 in Life and page 22 in Sports.

ZOOM

Riot-inspired art decorates Greece



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

Hat trick for Tegan and Sara, doubles for Ryder, Arcade Fire

Juno Awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's pop makeover Heartthrob set the 43rd Juno Awards swooning, Arcade Fire made its presence felt from almost 10,000 kilometres away while decorated co-host Serena Ryder worked overtime to keep things smooth in the Prairies on Sunday night.

With wins for group, pop album and single of the year — the skydive-thrilling Closer, performed to perfection during the show with help from Toronto's Choir! Choir! Choir! — Calgary-reared twins Tegan and Sara managed a field-leading three wins, after having been shut out in five career nominations prior to this year.

"When we asked our parents if we could play music in-

stead of go to university, they were really mad at us," said Tegan, 33. "And they agreed to let us do that for a couple years, and somewhere in all of that, we signed a record deal with Neil Young and Elliot Roberts."

Still, the greatest honour of the night was reserved for Arcade Fire, whose difficult double-disc venture Reflektor mirrored their achievement of three years ago by claiming album of the year.

The Montreal rockers, who also took alternative album of the year, were off in Santiago, Chile at a Lollapalooza gig but managed to submit one of the evening's more interesting visual performances, a macabre pre-taped take on Afterlife delivered in lush monochrome.

Ryder was named both artist and songwriter of the year — giving the 31-year-old an impressive six-Juno career haul.

"Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much." **THE CANADIAN PRESS**



Serena Ryder accepts her award for songwriter of the year. Not only did she pick up an earlier Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. **THE CANADIAN PRESS**

And the winner is ...

A partial list of winners at the 43rd Juno Awards:

- **Juno Fan Choice award.** Justin Bieber
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Breakthrough group of the year.** A Tribe Called Red

- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What



Tegan and Sarah celebrate their Juno Award for pop album of the year. **JOHN WOODS/THE CANADIAN PRESS**

It Feels Like

- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

For a full list of winners and more coverage, visit metronews.ca.



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Looking for Canada's best calzone or a killer lasagna? John Catucci, who has spent years snacking his way across the country as host of *You Gotta Eat Here!*, dishes on a few of his can't-miss spots. The show's third season premieres April 4 on Food Network Canada.



Casa Calzone, Quebec City

This place has been open for years. It's a compact little spot that's so cosy you're sitting on each other's laps. The calzones are incredible and yet so simple: just dough, cheese and sauce. Order la flambe au cognac calzone, which loosely translates to calzone of flames. When the cognac mixes with the beautiful vinegar dressing, something magical happens. And it's packed with so much deliciousness they can barely fold it over.

5 restaurants across Canada you gotta try

Calabash Bistro, Vancouver

What a bunch of great guys. I love this place — good vibes, good food, and good people. Come here for their special roti stack. Chef Cullin makes his roti from scratch, and it's nuts. So buttery, so flaky, and he layers it with sweet plantain, goat cheese, and then he pours something called coconut rundown — which is reduced coconut milk — all over that stack. Is there anything more summery than coconut? You're basically eating sunshine.



The Jane Bond, Waterloo, Ont.

The Jane Bond is a fantastic community hub. Super casual, friendly vibe, live music and terrific food. Here's a dirty little Catucci secret: I love eggplant. Love it! The Jane Bond's eggplant parmigiana sandwich is amazing. It has heft. Deep-fried till crispy and golden, it gets bathed in this beautiful tomato sauce, smothered in melty cheese, and served on toasted garlic bread. This sandwich killed me. I died.



Prairie Harvest Café, Saskatoon

If you didn't know it was there, you'd never know it was there. Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local, everything from scratch, and he's killing it. He's famous for his prairie harvest lasagna, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane. Did I mention the maple-bacon doughnut? This is the doughnut other doughnuts want to be when they grow up.

Una, Calgary

I go in here every time I'm in Calgary — I don't even drop off my bags at the hotel, I head straight here for my Una pizza fix. It's just that good. Start with meatballs, then order the mushroom pizza. It's a white pizza, so there's no tomato sauce, just oven-roasted mushrooms, smoked mozzarella and fresh arugula. The crust is this lovely thin crust that's just perfectly crispy and chewy.



The life and times of a Bomb Girl

For two seasons, actress Charlotte Hegele immersed herself in the life of Second World War munitions factory worker Kate Andrews on the series *Bomb Girl*.

While her character grew on the series — breaking away from her authoritarian father and dealing with rumours of her “unnatural” love for fellow munitions worker Betty — so too did Hegele’s knowledge of the period.

We asked Hegele to tell us what she learned about the era in her role as Kate.

METRO

Movies, music and fashion in wartime

Working on *Bomb Girls*, I was immersed in 1940s culture. I learned hit songs sung by Vera Lynn, Ella Fitzgerald and Billie Holiday. I watched movies like *Alfred Hitchcock’s Suspicion* (1941) and *Saboteur*. Fashion was transformed by war-time rationing. Hemlines got shorter. Stocking seams were drawn up women’s legs to fake the real thing. Movie stars like Veronica Lake styled their hair into up-dos to encourage safe practices on factory production lines.

Women’s roles in war were dangerous, too

Before working on *Bomb Girls* I never knew the crucial role Canadian women played during the Second World War. In school I only ever learned about how men bravely fought on the front lines. But it was the women back home who made the ammunition those Canadian soldiers used to win the war. It was a dangerous job that paved the way for later generations of women to work in an industrial setting.

It’s all about the girls

In the film and television industry there is an unwritten rule that promotes the idea that audiences would prefer to see stories centred around men rather than women. *Bomb Girls* proves this wrong. On *Bomb Girls* I got to work with some of the most talented and passionate women in the business like Adrienne Mitchell, Janis Lundman, Anne Wheeler, Rachel Talalay, and of course Meg Tilly. These women shaped me into being both a better performer and a stronger person.



Charlotte Hegele plays Kate Andrews in *Bomb Girls*. CONTRIBUTED

Long’s characters travel his past in *Bad Teeth*

Art imitates life.

Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long’s novel retraces his old haunts

EMILY LAURENCE

Metro World News in New York City

Anyone can appreciate the alliteration of the four cities in *Bad Teeth* — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order. Dustin Long’s latest release is full of these winks at prose, which fans of his first novel, *Icelander*,



will recognize.

The book features four different interlocking narratives

with characters living in the four cities named above, each on his or her own personal journey. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.

In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

“Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I’ve lived,” Long says.

“Before writing *Bad Teeth*, I was working on a book that took place in 17th century China, something I knew nothing about. Even with *Icelander*, I’ve never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand.”

Another difference between Long’s past works and this one is it’s a bit less cerebral and more attention is paid to character development.

“Focusing on the emotional lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself,” Long says.

Long actually had a gem

Quoted

“I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand.”

Dustin Long, author of *Bad Teeth*



of an idea of what *Bad Teeth* would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geographical sections and had a similar quest narrative that *Bad Teeth* would come to have.

“Having gone through a similar process helped me have

the narrative in mind before I even thought of the plot,” he says.

It sounds as if Long himself went on his own academic journey through the four cities, and evolved both professionally and personally. There’s nothing bad about that at all.

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Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwyneth won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but

it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"

Twitter



@JimCarrey

This is a fun dream. Too bad we have sleep through most of it.



@mindykalig

follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Singer earns RiRi-spect of fashion world



STARGAZING

Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #on-lyslightlymotheaten.



Elton John and David Furnish

New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in

the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with



Amy Winehouse

the plan, he apparently isn't. "No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

Selena subpoenaed? You'd better BelieB it



Selena Gomez

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly.

Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif.

Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded.

Gomez is expected to be subpoenaed in that case as well.

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Who thinks honesty
is the best policy?

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of *Til Debt Do Us Part*, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between \$8 and \$12 a day on food at work. Hello! \$12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year. That's right, **THREE THOUSAND DOLLARS.** (And those are after-tax dollars!)



Pack your own lunch for a healthier bank balance. ISTOCK

Lunch out packs a punch

\$3,000

Spending \$12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth \$3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this

with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy

lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at \$2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3
THE

METRO CUSTOM PUBLISHING

Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q

I have \$25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A

Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your \$25,000 in credits will mean \$3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once you get your tax refund, but there is no way to do a direct transfer.

Q

My elderly parents live with me. Can I claim them as dependants?

A

Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the \$4,490 caregiver amount which means about \$673 in tax savings. If they are infirm, this is boosted to \$6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit hrblock.ca for a location near you

They work hard for the money

Pros and cons of quick cash. Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID
SINGH

Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H₂S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't

Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- “Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement,” he said. “Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services.”

end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

“It was probably one of the freakiest experiences of my life,” said Zayonce, 31. “Knowing that you have to go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking.”



Ready to pack up and move away for work? Ng says many employers use agencies that handle recruitment, which can easily be found online. ISTOCK

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his job duties were often dangerous and

always involved “non-stop physical labour.”

Ask why he subjected himself to this, and the answer is simple.

“Money,” said Zayonce. “If you go there and do it properly, the paycheques are big. You can go as an unskilled labourer, walk into a job and make \$120,000 a year if you're willing to work for it.”

When he was on the oil rigs, Zayonce earned \$90,000 in just seven months. Then, when he worked on the pipelines, he made well over \$100,000 per year.

“But you have to think of the hours I put in,” he noted. “(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year.”

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie

University, there are several industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

“Agriculture is a major one, food services and domestic help are also desperate for workers,” Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in “boom

towns,” which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

“Most of the jobs in these industries have undesirable working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour,” said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

“You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore.”

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Oil sands dropouts

70%

Zayonce says the success rate of people who last in Alberta's oil sands is quite low. He recalls his company giving its employees the figures on one occasion. “The majority of people who go out there don't make it,” he said. “We're talking 70 per cent drop out and go back home.”

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LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After running four marathons in four days, the long day of the Gobi March brought a new challenge: 85 kilometres, a double marathon. After battling for nine hours with various contenders in my age

The finish line far away

It was at that moment that another competitor ran by us as if we were standing still. I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent.

category, it was now down to two of us with 20 km to go. Sweltering and exhausted in the searing sun, I announced "I can't run anymore, want to jog?" Within minutes, our pace degenerated from a jog, to a brisk walk, to a walk. Done like an overcooked dinner, we will ourselves toward the finish line, now 15 km away.

It was at that moment that another competitor ran by us as if we were standing still.

I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent. After debating with myself for three minutes if I should, could, or would respond, I decided to try to outrun him.

I never caught up. Although defeated, I later learned that despite losing that race segment, I had managed to run one of the fastest 15 km of my life. Looking back on the event, I was able to move from profound disappointment to an incredible sense of gratitude: I was shown by a competitor what I could do that I didn't know I could do.

Sometimes, we are so completely blind to what we can do. And too often, we just resent the individual pushing us until we clue in that we often need someone else to push us enough to trigger what is possible within ourselves.

STÉFÁN DANIS IS THE CEO OF
NEXCAREER AND MANDRAKE, AND
THE AUTHOR OF GOBI RUNNER



Rather than focusing on a defeat, learn a lesson from what firsts you came to accomplish during the fight. ISTOCK

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Five of the coolest courses being offered in Canada

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these five out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.



PHOTOS COUNTER-CLOCKWISE FROM TOP LEFT: MONTE ISOM / FLICKR, BEAR GRAHAM / FLICKR, AUBREYSUN / FLICKR, CINDY JERRELL / FLICKR, KATIEW / FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.



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The Science of Brewing

Once the keg has been drained and the pints have been chugged, students can learn the microbiology of their hangover at The Science of Brewing, a new course presently in its first semester at Simon Fraser University in British Columbia. In addition to studying the chemistry of their Coors Light, aspiring brewmasters also glean practical business skills through a partnership with Surrey's Central City Brewers and Distillers. This may be the one post-secondary class in Canada where it's not totally inappropriate to arrive buzzed.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.



Urban Legend

What this class can't do is tell you which urban legends actually happened. What it *can* do is expand your understanding of how urban legends are formed and disseminated in popular culture. Offered as part of the Folklore program at Memorial University in St. John's, this course teaches pupils about a fascinating social phenomenon while probably freaking them out a bit, too. We imagine lectures are taught remotely by Bloody Mary, who gets "Skyped in" via dusty mirror.



Forget your college's career centre, 'cause this one's on you

Employment initiative. Tough economic times call for an attitude of independence

DAN SCHAWBEL
Metro World News

Gone are the days that students could rely on their college career centres to prepare them for the real world — now students have to launch themselves into the work world. Students have to be accountable for their careers and seek out events, alumni and opportunities on their own. In a new study by my company and Internmatch.com, we found that almost 50 per cent of students aren't using their career centres and 64 per cent are turning to online resources instead. The average ratio of students to career service professionals is 1,889 to 1 and we found that almost a third of students in our study say that centres don't have enough staff to support students.

What's most alarming is that 61 per cent say career centres are either never or rarely effective in helping them land a job. Clearly, students have to take matters into their own hands! Here are five tips for students:

Be proactive and attend as many career-oriented college events as possible.

If your school is bringing in a guest speaker, or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about their industry, and the best is making a new connection that could lead to employment.

Get your career service centre to introduce you to alumni in your field.

The most important asset that career centres have

that they don't use nearly enough is their alumni database. Instead of just going into a meeting with your career counsellor to discuss your resumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than your resumé format!

Use free or paid online platforms to educate yourself and stay ahead of the curve.

Don't rely on your career centre as the single place where you learn job skills. Instead, turn to online resources. Based on your profession and industry, you can learn vital skills that will translate into new opportunities for you.

Do internships and freelance gigs until you find right career path.

Students are almost always clueless as to which career path to pursue, even after selecting a college major. In order to figure things out, you have to have as many experiences as possible so you understand the types of roles you like and don't like. By doing this, you realize the profession you want to be in, the size of company you want to work for and the culture you thrive in.

Disconnect from technology and meet people face to face to build your soft skills.

In a past survey, we found that 40 per cent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face to face. Make sure you are disconnecting from technology every day so you can form human connections that can lead to jobs.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, *PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS*.



All signs will point to yes if you accept that the future is in your hands. ISTOCK



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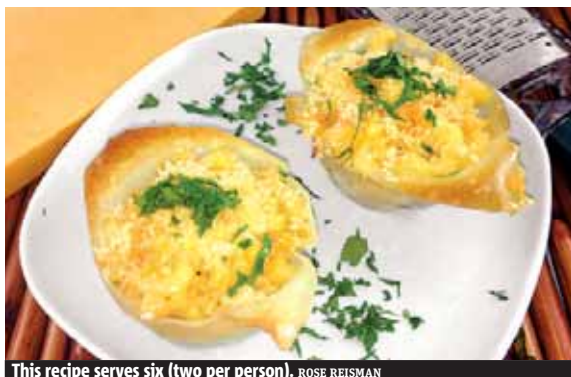
Content includes how best to plan to minimize stress and increase potential for great photographs. Posing and lighting for location photography is a main focus.

May 10 - 14, Mon + Wed 6 - 9 pm + Sat 8 - 5 pm
Fee: \$425

WE ARE ESSENTIAL TO ALBERTA



Make a great mini mac 'n' cheese app



This recipe serves six (two per person). ROSE REISMAN

Here's a great way to put some pizzazz in a mac and cheese classic. Mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as an appetizer.

1. Preheat oven to 425°F. Lightly coat 12-cup muffin tin with cooking spray.

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in 3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining 1/4 cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN



This recipe serves four. ROSE REISMAN

A kid-friendly take on an old favourite

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the

chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumbs coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fin-

gers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- 3/4 cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 1/2 cup tomato sauce (homemade or store bought)
- 3/4 cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

Nutritional information

Per serving

- **Calories.** 258
- **Carbohydrates.** 12 g
- **Fibre.** 1g
- **Protein.** 31 g

- **Total fat.** 9 g
- **Saturated fat.** 2.9 g
- **Cholesterol.** 125 mg
- **Sodium.** 450 mg

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BEST NEW PRODUCT AWARD WINNERS CHOSEN



Love to try new products but not sure which ones you'll be happy with? The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food,

beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

*— Robert Levy,
president and CEO of
BrandSpark International*

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

It's full steam ahead for a new kind of frozen entrée



If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from

your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."

- SUSAN W

Select winners available at Walmart

Huskies proving to be title 'predators'



Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

It's over for Izzo



"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."

Michigan State coach Tom Izzo

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn. He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle,"



Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

THE ASSOCIATED PRESS

Golf

Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004.

THE ASSOCIATED PRESS

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title.

THE ASSOCIATED PRESS

Formula One

Mercedes gets 1-2 win for the ages

Lewis Hamilton beat Mercedes teammate Nico Rosberg by 17.3 seconds at the Malaysia Grand Prix, with defending world champion Sebastian Vettel of Red Bull third on Sunday. It was the first one-two by the Mercedes factory team since 1955.

THE ASSOCIATED PRESS



Lewis Hamilton GETTY IMAGES

Rising Rangers blank backsliding Oilers

The New York Rangers showed on Sunday the kind of hockey they are hoping to consistently display come playoff time.

Backup goaltender Cam Talbot stopped 26 shots for his third career shutout, and Rick Nash and Mats Zuccarello each scored a pair of goals as the Rangers won their sixth game in their last seven outings, defeating the second-last place Edmonton Oilers 5-0.

The Rangers (42-30-4) had two short-handed goals in the game to move two points up on

On Sunday

5

Rangers

0

Oilers

the Flyers for second place in the Metropolitan Division.

The Oilers (26-40-9) have lost four of their last five games.

Edmonton's Ryan Nugent-Hopkins said a team can't sur-

render two short-handed goals in a game and expect to have any success.

"It's something that can't happen," he said. "We've given up the most short-handed goals this season and it's something that we can't afford to do. Whatever the reason, I think we're a little overzealous and want to help guys out, but at the same time we have to be more cautious."

It was the ninth time this season that the Oilers have been shut out.

THE CANADIAN PRESS



Ben Scrivens watches the shot of Mats Zuccarello of the Rangers (not pictured) fly past him on Sunday in Edmonton. The Rangers defeated the Oilers 5-0. DEREK LEUNG/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

Taurus

April 21 - May 21

You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

Gemini

May 22 - June 21

Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

Cancer

June 22 - July 23

If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

Leo

July 24 - Aug. 23

Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

Virgo

Aug. 24 - Sept. 23

You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

Libra

Sept. 24 - Oct. 23

You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

Scorpio

Oct. 24 - Nov. 22

If you take a negative view of what is going on you may get stuck in one of those woe-is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

Sagittarius

Nov. 23 - Dec. 21

There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

Capricorn

Dec. 22 - Jan. 20

Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

Aquarius

Jan. 21 - Feb. 19

If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

Pisces

Feb. 20 - March 20

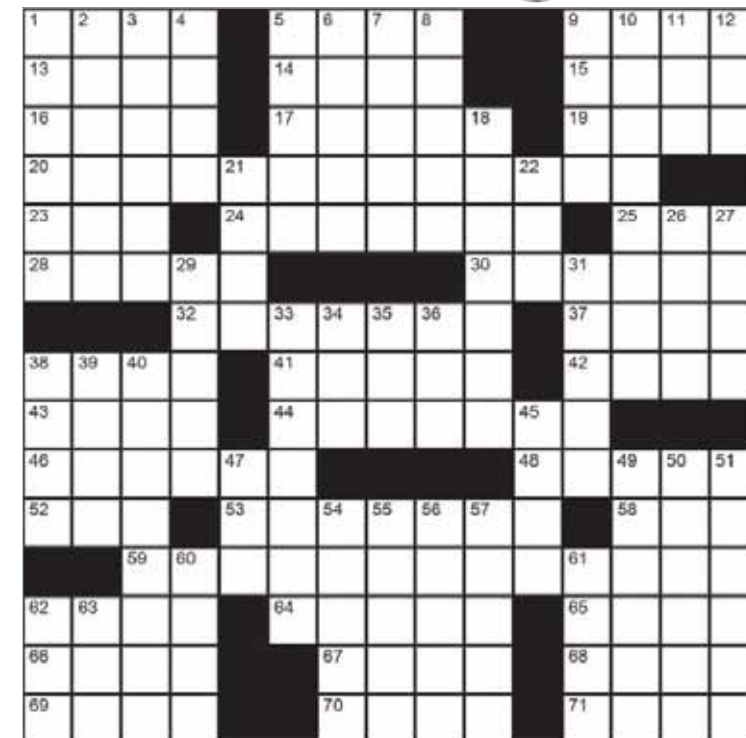
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Tennis shots
- 9th Greek alphabet letter
- Sultanate of the Arabian Peninsula
- ___ (Together, in music)
- Instrument-with-sticks
- Cougar
- Team
- Resort destination
- Spot
- "Rapper's Delight" band: 2 wds.
- ___ Mine" by The Beatles
- Nylons
- 'King' of France
- Cosmetician Ms. Lauder
- Not at sea: 2 wds.
- Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
- Eye part
- T. ___ Price (Investment firm)
- Royal ___ Golf Club (Championship golf course in Scotland founded in 1878)
- Possessive pronoun
- Of a lyric poem
- In a sick-of-it-all manner
- Ms. Cardinal, Canadian actress in "Dances with



- Wolves" (1990)
- Emily Carr's prop
- Director Mr. Pollack, for short
- ___ Reuters
- Cuckoo bird
- Yuk Yuk's performers: 2 wds.
- Item-for-a-foot
- Psalms mysteri-

- ous-meaning word
- Many times: 2 wds.
- Bear: French
- Planetary travel unit, __, __.
- Burial shroud
- Top
- Physicist Ms. Meitner

- "I Dream of Jeanie" star Barbara
- Famous television dog
- Abhorrences
- Concern for Joe Oliver as Canada's new Finance Minister
- "I ___ ghost!"

- (Scary movie line, perhaps)
- Particular potato
- Root used in perfumes
- "Tough Guys" all-girl rock band from Toronto
- Saunter
- Candid

Friday's Crossword

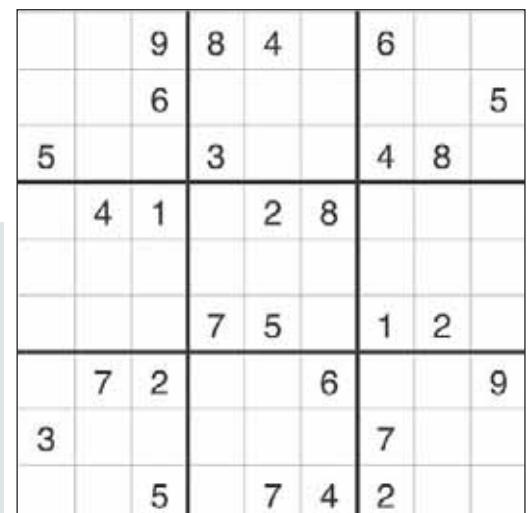


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -5°
MIN: -12°

TUESDAY



MAX: -3°
MIN: -15°

WEDNESDAY



MAX: -1°
MIN: -7°

MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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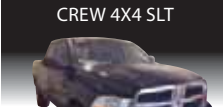
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